



Gingersnap-and-Pear Crumble

READY IN



45 min.

SERVINGS



6

CALORIES



605 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 cup flour
- ☐ 8 oz gingersnaps
- ☐ 6 servings v anilla ice cream
- ☐ 1 tablespoon juice of lemon
- ☐ 58 oz pear halves in heavy syrup drained per can) canned
- ☐ 2 tablespoons sugar
- ☐ 6 tablespoons butter unsalted melted

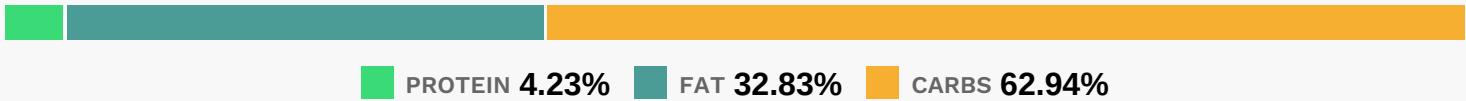
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Arrange rack in upper third of oven. Preheat oven to 375F. Lightly butter an 8-by-8-by-2-inch baking pan. In a large bowl, gently mix pears with lemon juice, cinnamon and 1 Tbsp. flour until pears are well-coated. Arrange cut side down in prepared pan.
- ☐ In a large, resealable plastic bag and with a rolling pin or a meat pounder, crush gingersnaps finely.
- ☐ Transfer crumbs to a bowl. (There should be about 2 cups.)
- ☐ Stir 1/2 cup flour and sugar into crumbs. Blend in butter, using a fork or fingertips. (
- ☐ Mixture will look damp and feel like coarse sand.)
- ☐ Sprinkle crumb mixture evenly over pears.
- ☐ Bake until edges are browned and juices just begin to bubble, about 30 minutes. Cool slightly.
- ☐ Serve warm or at room temperature with ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:42.97, Glycemic Load:29.96, Inflammation Score:-7, Nutrition Score:14.622608734214%

Flavonoids

Cyanidin: 5.65mg, Cyanidin: 5.65mg, Cyanidin: 5.65mg, Cyanidin: 5.65mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg, Epigallocatechin: 1.62mg,

Epigallocatechin: 1.62mg Epicatechin: 10.3mg, Epicatechin: 10.3mg, Epicatechin: 10.3mg, Epicatechin: 10.3mg
Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–
gallate: 0.05mg Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg, Epigallocatechin 3–
gallate: 0.47mg, Epigallocatechin 3–gallate: 0.47mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg,
Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin:
0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.82mg, Isorhamnetin:
0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg,
Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 604.54kcal (30.23%), Fat: 22.83g (35.13%), Saturated Fat: 12.68g (79.24%), Carbohydrates: 98.47g
(32.82%), Net Carbohydrates: 88.38g (32.14%), Sugar: 52.33g (58.14%), Cholesterol: 59.14mg (19.71%), Sodium:
267.2mg (11.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Fiber: 10.1g (40.38%),
Manganese: 0.8mg (39.96%), Vitamin B2: 0.4mg (23.4%), Iron: 3.47mg (19.27%), Folate: 75.38µg (18.85%), Copper:
0.37mg (18.68%), Potassium: 598.05mg (17.09%), Vitamin C: 13.18mg (15.98%), Phosphorus: 148.46mg (14.85%),
Vitamin B1: 0.22mg (14.58%), Calcium: 143.91mg (14.39%), Vitamin A: 697.59IU (13.95%), Vitamin K: 14.21µg (13.54%),
Magnesium: 49.78mg (12.44%), Vitamin B3: 2.37mg (11.84%), Selenium: 7.09µg (10.13%), Vitamin E: 1.23mg (8.19%),
Vitamin B6: 0.15mg (7.73%), Vitamin B5: 0.73mg (7.26%), Zinc: 1.03mg (6.84%), Vitamin B12: 0.28µg (4.69%),
Vitamin D: 0.34µg (2.28%)